



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 09101, Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids**

**Report Date: June 30, 2017 05:23 EDT**

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

**Carbohydrate Factor: 3.78 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 130g	1 cup 260g
<b>Proximates</b>						
Water	g	76.43	--	--	99.36	198.72
Energy	kcal	88	--	--	114	229
Energy	kJ	368	--	--	478	957
Protein	g	0.39	--	--	0.51	1.01
Total lipid (fat)	g	0.07	--	--	0.09	0.18
Ash	g	0.22	--	--	0.29	0.57
Carbohydrate, by difference	g	22.89	--	--	29.76	59.51
Fiber, total dietary	g	1.1	--	--	1.4	2.9
<b>Minerals</b>						
Calcium, Ca	mg	6	--	--	8	16
Iron, Fe	mg	0.28	--	--	0.36	0.73
Magnesium, Mg	mg	5	--	--	6	13
Phosphorus, P	mg	11	--	--	14	29
Potassium, K	mg	86	--	--	112	224
Sodium, Na	mg	6	--	--	8	16
Zinc, Zn	mg	0.08	--	--	0.10	0.21
Copper, Cu	mg	0.067	--	--	0.087	0.174
Manganese, Mn	mg	0.142	--	--	0.185	0.369
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	1.9	--	--	2.5	4.9
Thiamin	mg	0.018	--	--	0.023	0.047

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup 130g	1 cup 260g
Riboflavin	mg	0.019	--	--	0.025	0.049
Niacin	mg	0.368	--	--	0.478	0.957
Pantothenic acid	mg	0.059	--	--	0.077	0.153
Vitamin B-6	mg	0.049	--	--	0.064	0.127
Folate, total	µg	3	--	--	4	8
Folic acid	µg	0	--	--	0	0
Folate, food	µg	3	--	--	4	8
Folate, DFE	µg	3	--	--	4	8
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	10	--	--	13	26
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	201	--	--	261	523
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.010	--	--	0.013	0.026
16:0	g	0.007	--	--	0.009	0.018
18:0	g	0.003	--	--	0.004	0.008
Fatty acids, total monounsaturated	g	0.013	--	--	0.017	0.034
18:1 undifferentiated	g	0.013	--	--	0.017	0.034
Fatty acids, total polyunsaturated	g	0.030	--	--	0.039	0.078
18:2 undifferentiated	g	0.027	--	--	0.035	0.070
18:3 undifferentiated	g	0.004	--	--	0.005	0.010
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
<b>Other</b>						